



P

PROGRESSION OF KEY SKILLS

Basketball

Early Years (progressions through first PE unit/Enjoy-a-ball)

EY

Ball Awareness-moving ball on body
Experiment with moving an object along the floor e.g pushing a balloon
Throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls
Throwing into hoops and targets to score
Run in an area, stop quickly and 'Freeze' (in a game/warm up) -fundamentals to developing footwork
Move around safely in a variety of ways and negotiating space. Follow my leader in pairs
Play adapted games to get past players, with a ball - (while attempting to bounce it)

1

Year 1 (progressions through ball skills/Ball games)

Ball Awareness-moving a ball on the ground
Experiment with bouncing and dribbling a ball
Catch a soft ball safely. Pass a soft ball from the chest - 'W' shape when passing and receiving
Scoring in superhero basketball - throwing a ball into target (someone's hands/hoop)
Footwork- adapted game, not running with a ball
Move into a space in a game, looking to throw the ball to someone in a space
Follow an opponent in a game/adapted game
Small-sided games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through ball skills/ball games)

Ball Awareness-moving ball on the ground with control
Experiment with bouncing and dribbling a ball, beginning to use left and right hands
Catch a ball safely. Pass from a short distance to a partner
Scoring in a variety of ways and begin to use these in a game situation
Stopping -with two feet bending at knees and holding the ball close to body
Move into a space to catch a ball. Pass the ball to someone in a space
Follow an opponent and trying to win (intercept) the ball
Small-sided games (Superhero ball Basketball). Develop tactics for attacking and defending

3

Year 3

Ball Awareness-moving ball around different parts of the body
Dribbling and bouncing a ball in a variety of ways 'push not pat'
Pass and receive a ball with some control
Scoring into smaller targets
Perform a jump and stride stop in basketball
Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking
Protecting the ball in an adapted game
Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules

4

Year 4

Ball Awareness-moving ball around different parts of the body with control
Dribbling and bouncing a ball with control and using either hand
Pass and receive, stepping into the pass (chest and bounce pass)
Scoring into a net/hoop in a small sided 3v3 basketball game
Perform a jump and stride stop with a pivot
Dodging around a player with the ball, focus on dodging into a space
Protecting the ball - using the pivot to protect the ball. Begin to apply basic principles suitable for defending
Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling. .

5

Year 5

Ball Awareness-copying a partner and moving with the ball
Dribbling the ball, changing direction, and turning, using either hand
Pass, receive and move with the ball (chest and bounce pass)
Learn the BEEF technique when shooting in isolation and begin to use in a game situation
Dribble the ball and perform the correct footwork when stopping
Offensive play in a conditioned, game, beating your partner when dribbling a ball
Defence techniques- (Gorilla) and begin to use the body to protect the ball in a conditioned game situation
Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6

Ball Awareness-copying a partner and keeping control while moving the ball
Dribbling the ball in various directions at speed
Perform a variety of passes within a game with precision and control
Using the BEEF technique in a competitive game situation with some success
Dribble the ball and perform the correct footwork when stopping in a competitive game situation
Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking
To apply defensive techniques in a competitive game situation. Apply basic principles for defending
Use techniques learned and apply in a game situation. Children to officiate.

